

DIABETIC BREAKFAST PORTION GUIDE

Balanced Plate Method for Glycemic Control

1/2 PLATE
Non-Starchy
Vegetables
1/4 PLATE
Lean
Protein
1/4 PLATE
Fiber-Rich
Carbs

**Non-Starchy
Veggies**

2 Cups / Half
Plate

Spinach, Peppers, Mushrooms, Tomatoes,
Kale

Lean Protein

3-4 oz / Size of
Palm

Eggs (2), Greek Yogurt (3/4 cup), Cottage
Cheese, Tofu

Fiber-Rich Carbs

1/2 Cup / Size of
Fist

Steel-cut Oats, Quinoa, Berries, Sprouted
Grain Toast

Healthy Fats

1-2 Tablespoons

Avocado, Walnuts, Chia Seeds, Almond
Butter

** Always consult with a healthcare provider or registered dietitian to tailor portions to your specific caloric and insulin needs.
Drink plenty of water and monitor blood glucose levels post-meal.*

Print Guide